

CARTEN 100

DR. DAF's RAMBLINGS - ENTRANTS BRIEFING



1. Participants will be responsible for the roadworthiness and safe working order of their own bike. Please ensure your brakes are in good working order, and that you have the tools and spares necessary to affect minor roadside repairs to your bike.
2. The use of triathlon handlebars or other bar extensions is discouraged. If riders do have them fitted they must not be used when riding in a group, with riders allowing sufficient time to reach their brakes if necessary.
3. This event is not a race or a trial of speed, but a personal challenge. As such there will be no list published of rider times or finishing positions.
4. This event takes place on the open road, and you must obey the Highway Code at all times.
5. The wearing of hard shell cycling helmets shall be compulsory for those under 18 years of age. Riders of 18 years of age and older are encouraged to do the same.
6. All participants under the age of 18 shall have a consent form completed by their parent/guardian. A parent or guardian must accompany riders under the age of 16.
7. You understand and agree that you participate in this event entirely at your own risk, and that you must rely on your own ability in dealing with all hazards, and that you must ride in a manner which is safe to yourself and others.
8. You accept that if you do not abide by this briefing sheet, then the organisers will make all reasonable efforts to remove you from the event.
9. Maintaining your fuel supply is very important. We recommend that you stop at least every 30 miles for a break and some refuelling. **We will supply an itinerary including scheduled stops for refreshments** on route. We also recommend that you carry some food with you as emergency rations.
10. Please ensure that you take adequate clothing to allow you to remain warm and dry throughout the day
11. If you feel tired and need to take a break, please take the opportunity to rest well away from the highway.
12. There will be some descents on this event that allow speeds in excess of 40mph. Please ensure you descend only at a speed you are comfortable with.
13. The emergency support van is available to assist riders in dire straits. We would anticipate that the self sufficient, strong, experienced riders will not require their services. **The support vehicle numbers are 07792 569444 and 07870 359481.** If you are going to abandon the ride, it is essential that you inform the emergency support van, so that we can take account of all participants upon arrival at Tenby. **We enclose the list of train stations that are on or near to the route.**

I agree that no liability whatsoever shall attach to the promoter, promoting club/organisation, event sponsor, British Cycling or any event official or member of British Cycling or member of the promoting club/organisation in respect of any injury, loss or damage suffered by me in or by reason of the event, unless such injury, loss or damage is proven to be caused by the negligence of the aforementioned.